



# Seamless Summer Program Menu 2020

For further information about the summer meal program  
please call 860-704-4519.



## Breakfast

Monday	Cheerios Cereal, Bear grahams, 100% Fruit Juice, Fresh Fruit and Fat Free or Unflavored Skim or 1% Milk
Tuesday	WW Bagel with cream cheese, 100% Fruit Juice, Fresh Fruit and Fat Free or Unflavored Skim or 1% Milk
Wednesday	Red-sugar Cinnamon Toast Crunch Cereal, String Cheese, 100% Fruit Juice, Fresh Fruit and Fat Free or Unflavored Skim or 1% Milk
Thursday	Assorted WG Muffins, 100% Fruit Juice, Fresh Fruit and Fat Free or Unflavored Skim or 1% Milk
Friday	Alpha Bits Cereal, String Cheese, 100% Fruit Juice, Fresh Fruit and Fat Free or Unflavored Skim or 1% Milk

## Lunch

Monday	Turkey and Cheese on a Whole Wheat Bun with Pickle Chips, Fresh Fruit and Fat-Free Unflavored or Chocolate Milk
Tuesday	SunButter Sandwich, Celery Sticks with Hummus, Fresh Fruit and Fat Free Unflavored or Chocolate Flavored Milk
Wednesday	Ham and Cheese on a Whole Wheat Bun with Broccoli with Dip, 100% Fruit Juice and Fat-Free Unflavored or Chocolate Milk
Thursday	WW Bagel with cream cheese, Non-fat Flavored Yogurt, String Cheese, Fresh Fruit and Fat Free Unflavored or Chocolate Flavored Milk
Friday	Tuna Salad Sandwich on WW Bread, Baby Carrots with Dip, 100% Fruit Juice, and Fat Free Unflavored or Chocolate Flavored Milk

SunButter sandwiches are available daily as a non-meat lunch option